



SYDNEY PROGRAM GUIDE

Sunday 30th April 2023

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

043023 An International Prophecy - Globalism

The book of Revelation predicts the rise of a one-world order ultimately led by the Antichrist. It's crucial to understand what globalism truly means and how it affects our future.

07:00 am Joseph Prince: New Creation Church CC G

ALL NEW EPISODES

471 - Say "Yes!" To All His Promises

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Religious.

08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

08:30 am Freshly Picked With Simon Toohey (Rpt) CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

09:00 am Luca's Key Ingredient CC G

ALL NEW EPISODES

Luca shows us his favourite recipes using today's key ingredient, small goods.

09:30 am Destination Dessert (Rpt) CC G

From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short - make it sweet.



SYDNEY PROGRAM GUIDE

Sunday 30th April 2023

10:00 am	Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
SPECIAL ENCORE PRESENTATION			
12:00 pm	I'm A Celebrity...Get Me Out Of Here! Encore (Rpt)	CC PG Sexual References, Coarse Language, Mature Themes, May Contain:	Hosts Julia Morris and Chris Brown will say goodbye to two more celebrities in a double elimination. Who will become the Top 3?
01:30 pm	Bondi Rescue (Rpt)	CC PG	It's been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it's a challenge the lifeguards are only too keen to accept.
02:00 pm	Luxury Escapes (Rpt)	CC G	Singapore Singapore, a microcosm of Asia itself, and less than 8-hours from Australia's east coast. In this exotic escape Sophie soaks up the 'garden city' from two of Singapore's finest resorts.
02:30 pm	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
03:00 pm	Pat Callinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations off-the-beaten-track with our very own 'Mr 4X4', Pat Callinan.
04:00 pm	Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
04:30 pm	Taste Of Australia With Hayden Quinn (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
05:00 pm	10 News First	CC	LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



SYDNEY PROGRAM GUIDE

Sunday 30th April 2023

06:30 pm The Sunday Project CC

ALL NEW EPISODES

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG
Sexual References,
Coarse Language,
Mature Themes,
May Contain:

SEASON FINALE

In the series finale the Top 3 celebrities will receive a visit from their loved ones, and the King or Queen of the Jungle will be crowned!

09:00 pm The Last Last Late Late Show Special CC
(Rpt)

SPECIAL EVENT

Last Last Late Late Show Special, The

To celebrate the incredible groundbreaking impact James Corden has made on late night television, global superstar Tom Cruise reunites with James Corden for one final over-the-top sketch.

10:00 pm NCIS: Hawaii CC M
Violence,
Mature Themes

ALL NEW EPISODES

Bread Crumbs

When Tennant interrogates a suspect during his helicopter transfer and the chopper crashes, she must utilize her skills to save herself and the other passengers.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson

11:00 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 30th April 2023

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Monday 01st May 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

09:00 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Hope creates a romantic night to set things right with Liam. Taylor shuts down Thomas's concern that Ridge will go back to Brooke.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Monday 01st May 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Oversharing on the internet can be an invasion of children's privacy, dangerous, and harmful to the relationship between parent and child. Dr. Phil suggests what you should consider before posting.

02:00 pm I'm A Celebrity... Get Me Out Of Here! Encore (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes,
May Contain:

In the series finale the Top 3 celebrities will receive a visit from their loved ones, and the King or Queen of the Jungle will be crowned!

03:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

04:00 pm Good Chef Bad Chef

CC

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

Hope worries that history might repeat itself. Brooke is faced with a difficult decision.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm MasterChef Australia

CC PG
Coarse Language,
Mild Themes

SEASON PREMIERE

09:15 pm Ghosts

CC

ALL NEW EPISODES

Woodstone's Hottest Couple

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty



SYDNEY PROGRAM GUIDE

Monday 01st May 2023

09:45 pm FBI: Most Wanted

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Transaction

The team must navigate the mistrust of authorities in a tight-knit Somali community in Minnesota as they race to find a kidnapped 14-year-old girl.

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes

10:35 pm FBI: Most Wanted (Rpt)

CC M
Violence

Inherited

The team must determine if the kidnapping of a young Chinese-American woman is a random hate crime or if she was specifically targeted, in order to find her.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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03:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Monday 01st May 2023

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Tuesday 02nd May 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

09:00 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Hope worries that history might repeat itself. Brooke is faced with a difficult decision.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Tuesday 02nd May 2023

01:00 pm Dr Phil

CC M
Coarse Language

ALL NEW EPISODES

More than two years after calls to "Defund the Police!", hear from citizens who say police budget cuts have been a dangerous debacle that has led to unprecedented levels of crime and violence.

02:00 pm To Be Advised

03:45 pm Entertainment Tonight

CC

ALL NEW EPISODES

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Taylor reacts to Brooke's news about Ridge. Thomas shares his latest design for Hope for the Future with the team.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES

09:00 pm NCIS

CC M
Violence

ALL NEW EPISODES

Head Games

The NCIS team digs deep to investigate a Navy lieutenant who's accused of trying to murder her husband but has no memory of the attack. Also, Kasie navigates a potential medical scare.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen



SYDNEY PROGRAM GUIDE

Tuesday 02nd May 2023

10:00 pm **NCIS** (Rpt)

CC M
Violence

All Hands

After a civilian research vessel rescues a small boat of wounded navy officers, NCIS arrives on the ship and is forced to hide after discovering terrorists on board

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll

11:00 pm **The Project Encore** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:00 am **The Late Show With Stephen Colbert**

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:00 am **Home Shopping** (Rpt)

Home Shopping

01:30 am **Home Shopping** (Rpt)

Home Shopping

02:00 am **Home Shopping** (Rpt)

Home Shopping

02:30 am **Home Shopping** (Rpt)

Home Shopping

03:00 am **Home Shopping** (Rpt)

Home Shopping

03:30 am **Home Shopping** (Rpt)

Home Shopping

04:00 am **Home Shopping** (Rpt)

Home Shopping

04:30 am **CBS Mornings**

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Wednesday 03rd May 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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09:00 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Taylor reacts to Brooke's news about Ridge. Thomas shares his latest design for Hope for the Future with the team.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

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SYDNEY PROGRAM GUIDE

Wednesday 03rd May 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

You have a greater chance of being struck by lightning than winning the lottery – so why do people play? And, if you do win, why is there a “curse” associated with it? Tune in today to find out.

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Taylor makes a heartfelt apology to Thomas. Brooke questions Hope about her recent odd behavior.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES

08:40 pm Law & Order: S.V.U

CC

ALL NEW EPISODES

Lime Chaser

The search for a suspect who is drugging women's drinks in crowded bars leads the SVU to Muncy's brother. Churlish makes a risky move to impress Benson, and Velasco reports on his progress.

Starring: Mariska Hargitay, Octavio Pisano, Molly Burnett, Peter Scanavino, Jasmine Batchelor, Kevin Kane



SYDNEY PROGRAM GUIDE

Wednesday 03rd May 2023

09:40 pm Fire Country

CC PG
Violence,
Mature Themes

ALL NEW EPISODES

Cry For Help, A

An internal investigator suspects Jake of being the serial arsonist setting recent fires, so Bode and the crew take it upon themselves to investigate.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila

10:40 pm Bull (Rpt)

CC M
Violence

The Other Shoe

Bull puts aside his personal grievances to enter into a hesitant partnership with AUSA Reilly, who prosecuted him for jury tampering, to bring one of the world's most dangerous drug lords to justice.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 03rd May 2023

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Thursday 04th May 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

09:00 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Taylor makes a heartfelt apology to Thomas. Brooke questions Hope about her recent odd behavior.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

CC

LIVE

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SYDNEY PROGRAM GUIDE

Thursday 04th May 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

From everyday citizens who risked their lives to save complete strangers to people who have gone out of their way to help others, Dr. Phil speaks with real-life heroes.

02:00 pm To Be Advised

03:10 pm Entertainment Tonight

CC

ALL NEW EPISODES

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

03:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Steffy disagrees with Liam's concerns about Thomas. Hope and Thomas share a genuine and heartfelt moment.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Thursday 04th May 2023

08:40 pm The Bridge (Rpt)

CC M
Sexual References,
Coarse Language

Using nothing but their bare hands and basic tools, 12 strangers have 17 days to build 330m of bridge to an island, and claim a \$250 000. They must build it together, but only one of them can cross.

10:10 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Sexual References,
Strong Adult Themes

Tommy Baker's Hardest Fight

When popular MMA fighter Tommy Baker doesn't show up for the biggest bout of the year, SVU is drawn into a complicated web of secrets. Chief McGrath confides in Benson about his domestic problems.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Octavio Pisano, Terry Serpico

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:00 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:00 am Home Shopping (Rpt)

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01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 04th May 2023

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Friday 05th May 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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09:00 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Steffy disagrees with Liam's concerns about Thomas. Hope and Thomas share a genuine and heartfelt moment.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

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LIVE

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SYDNEY PROGRAM GUIDE

Friday 05th May 2023

01:00 pm Dr Phil

CC PG
Mild Coarse
Language,
Mature Themes

ALL NEW EPISODES

Dr. Phil speaks with four women on different journeys with alcohol and addresses the stereotypes about women who drink oversimplifying the issue.

02:00 pm To Be Advised

03:10 pm Entertainment Tonight

CC

ALL NEW EPISODES

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03:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Brooke is flattered when she is asked on a date. Liam decides to confront Thomas about Hope

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm Bondi Rescue 2023

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

New Year's Day arrives and Harrison is on alert as thousands descend on Bondi Beach for the 1st sunrise of the year. Harries is alerted to a baby not breathing, in the biggest challenge of his career.



SYDNEY PROGRAM GUIDE

Friday 05th May 2023

08:00 pm Bondi Rescue (Rpt)	CC PG	When the big surf comes to Bondi, lifeguards are on high alert to help surfers separated from their boards in pounding seas. Later, Harrison performs his most challenging rescue yet on Australia Day.
08:30 pm Ambulance Australia (Rpt)	CC M Coarse Language, Mature Themes	Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.
09:30 pm Territory Cops (Rpt)	CC M Violence	Detectives are at the scene of a serious crash that has one woman critically injured. It appears the cause of the crash is a handbrake pulled at speed, but who pulled it?
10:00 pm Territory Cops (Rpt)	CC M Violence, Coarse Language, Drug References, Mature Themes	Territory Cops are on the hunt for a couple of brazen car thieves who have been caught in the act on CCTV. The investigation involves many twists and turns, as the suspects manage to elude the cops.
10:30 pm Ambulance Australia (Rpt)	CC M Coarse Language, Mature Themes	Paramedics are called to a bomb threat at Sydney airport, while good friends Mosh and Kren are called to a 35-week pregnant woman who hasn't felt her baby move in 10 hours and has severe bleeding.
SPECIAL ENCORE PRESENTATION		
11:30 pm The Project Encore (Rpt)	CC	Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
ALL NEW EPISODES		
12:30 am The Late Show With Stephen Colbert	CC PG	Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.
01:30 am Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Friday 05th May 2023

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 06th May 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>Townsville Large Mouth Nannygai</u></p> <p>Adam Finlay takes Guesty and Jack Nolan for a run around some Nannygai country with great results. But a 35 kilo giant trevally on a soft plastic steals the show.</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES</p> <p><u>2319 Growing In Your Love For Jesus: Part 4</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	<p>Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.</p>
07:30 am	Escape Fishing With ET (Rpt)	CC	<p>Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.</p>
08:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
08:30 am	What's Up Down Under (Rpt)	CC G	<p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
09:00 am	Farm To Fork (Rpt)	CC PG	<p>Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.</p>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
10:00 am	Studio 10: Saturday	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.</p>
12:00 pm	To Be Advised		



SYDNEY PROGRAM GUIDE

Saturday 06th May 2023

01:10 pm My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
01:30 pm Jamie Oliver: Together	CC G	<p>Steak Night</p> <p>Taking a bit of time to cook for friends coming round is the perfect way to show them you care, and what better way than with this fantastic reimagining of steak and chips?</p> <p>Starring: Jamie Oliver</p>
02:40 pm Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
03:00 pm What's Up Down Under	CC	<p>ALL NEW EPISODES</p> <p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
03:30 pm Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
04:00 pm Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
04:30 pm Taste Of Australia With Hayden Quinn (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
05:00 pm 10 News First	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:00 pm Bondi Rescue 2023 Encore (Rpt)	CC PG Coarse Language, Mature Themes	<p>SPECIAL ENCORE PRESENTATION</p> <p>New Year's Day arrives and Harrison is on alert as thousands descend on Bondi Beach for the 1st sunrise of the year. Harries is alerted to a baby not breathing, in the biggest challenge of his career.</p>



SYDNEY PROGRAM GUIDE

Saturday 06th May 2023

06:30 pm The Dog House

CC PG
Mild Themes

ALL NEW EPISODES

Looking to find a new home are Millie and Max, a couple of Jack Russell cross pugs, a pooch called Little Little Rex, a 13-week-old Jack Russell puppy called Albie and escape artist Lily the beagle.

07:30 pm The Dog House Australia (Rpt)

CC PG
Mature Themes

Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance.

08:30 pm Blue Bloods

CC M
Violence

ALL NEW EPISODES

Smoke & Mirrors

Jamie and Danny investigate a series of carjackings, Eddie helps a woman being stalked by a man she met on a dating app, and Erin seeks out the culprit behind online attacks on her boss, D.A. Crawford

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray, Marisa Ramirez, Len Cariou

09:30 pm CSI: Vegas

CC M
Violence

ALL NEW EPISODES

The Promise

When the body of a young girl who was killed over 40 years ago is discovered at the bottom of Lake Mead, Max Roby promises her mother that the CSI team will finally find justice for her daughter.

Starring: Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Lex Medlin

Guest Starring: Eric Szmanda

10:30 pm NCIS Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Head Games

The NCIS team digs deep to investigate a Navy lieutenant who's accused of trying to murder her husband but has no memory of the attack. Also, Kasie navigates a potential medical scare.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen



SYDNEY PROGRAM GUIDE

Saturday 06th May 2023

11:30 pm **Fire Country Encore** (Rpt)

CC PG
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Cry For Help, A

An internal investigator suspects Jake of being the serial arsonist setting recent fires, so Bode and the crew take it upon themselves to investigate.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila

12:30 am **Home Shopping** (Rpt)

Home Shopping

01:00 am **Home Shopping** (Rpt)

Home Shopping

01:30 am **Home Shopping** (Rpt)

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02:00 am **Home Shopping** (Rpt)

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04:00 am **Home Shopping** (Rpt)

Home Shopping

04:30 am **Home Shopping** (Rpt)

Home Shopping

05:00 am **Hour Of Power**

G

ALL NEW EPISODES

Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus.